



## ***The Healthy Des Moines Movement!***

In 2010, the City of Des Moines received a *Communities Putting Prevention to Work* (CPPW) grant from Public Health – Seattle & King County and the United States Department of Health and Human Services to develop a *Healthy Eating and Active Living* (HEAL) Initiative. The purpose of the initiative was to increase access to opportunities for physical activity and nutritious foods and beverages through policy, systems, and environments that make “the healthy choice the easy choice.” The City worked closely with Public Health – Seattle & King County, the cities of Burien, SeaTac, and Normandy Park and the Highline School District, all of whom are members of the Healthy Highline Communities Coalition (HHCC) and the statewide Healthy King County Coalition.

The CPPW grant ignited a “*Healthy Des Moines Movement*” led by the Des Moines City Council and a 12-member Healthy Des Moines Technical Advisory Committee composed of City staff, community leaders/members, Public Health – Seattle & King County leaders and consultants. The HHCC was also instrumental in moving Des Moines toward our outcomes.

Please read more in the report and guide below produced by the City of Des Moines:

### ***Des Moines’ Outcomes and Partners Report (July 2010-August 2012)***

This report highlights Des Moines’ work with the CPPW partners and the City’s processes and outcomes to change policies, systems, and environments within 14 policy areas. The report is a living document that will help sustain our *Healthy Des Moines Movement*.

[http://www.desmoineswa.gov/dept/parks\\_rec/pdf/2012\\_DM\\_Outcomes.pdf](http://www.desmoineswa.gov/dept/parks_rec/pdf/2012_DM_Outcomes.pdf)

### ***Des Moines’ Nutritional Standards Implementation Guide***

This guide will help City staff and departments purchase and offer nutritious food and beverage options at City-sponsored meetings, programs, concessions and vending.

[http://www.desmoineswa.gov/dept/parks\\_rec/pdf/2012\\_DM\\_Nutritional\\_Standards.pdf](http://www.desmoineswa.gov/dept/parks_rec/pdf/2012_DM_Nutritional_Standards.pdf)

For more information and resources see:



<http://www.cdc.gov/CommunitiesPuttingPreventiontoWork/>



**Communities Putting  
Prevention to Work**  
Making healthy living easier.

<http://www.kingcounty.gov/healthservices/health/partnerships/CPPW.aspx>

**healthykingcounty.org**  
online community for  **let's do this**

<http://www.healthykingcounty.org/>